

Survivor Matters

A Newsletter for the Christian DID Community

What Are Primary-Level Conflicts?

If you have studied RCM's Primary Identity Approach for Healing DID, you have heard of primary-level conflicts and perhaps remember that they are the most important issues to resolve in order to overcome the need for dissociation in your life. If that is true, understanding what these conflicts are is very important.

To help you do that, let me first review what a primary identity is. A primary identity is closely related to your true self (feels like you) and was generally protected from all overwhelming trauma. The alter-identities were formed to help you cope with what the primary identities could not handle. You will have a limited number of primary identities, who generally help you live your daily life, as opposed to a much larger number of alter-identities, who take over only when triggered or when the primary identities are overwhelmed. The most prominent primary identity is usually the identity that leads your life most of the time, whom we call the "Primary Presenter."

Primary-level conflicts represent the intolerable double-binds that the primary identities encountered and couldn't handle, resulting in the formation of alter-identities to do that for them. If these conflicts can be identified and adjusted so they are no longer intolerable, then it makes sense that the alter-identities would no longer be needed to help them cope with those specific issues. In fact, usually when this occurs, they are spontaneously integrated.

While everyone experiences conflicts in their lives, an intolerable conflict (double-bind) occurs when a person confronts something that threatens an instinct, belief, commitment, or view of reality that is held so strongly that it seemingly cannot be compromised. Some examples include:

- I can't survive without a safe daddy/Daddy is abusing me.
- I have to be perfect in order to be safe/I can't be perfect.
- I must not betray God/I'm being forced to do Satanic things.

In order to identify the primary-level conflicts that have led to your dissociation, you can look for several things. First of all, try to think of the issues in your life that seem to hold extreme importance to you—or that upset you the most when they are challenged. Possible issues include devotion to God, moral

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purity, protection, abandonment, justice, perfectionism, control, safety, etc.

Then seek to identify the underlying belief which makes the issue so inviolable in your mind. To do this, ask yourself, "What would it mean if . . ." questions about the issue. For example, "What would it mean if I betrayed God?" "What would it mean if I violated my moral purity?" "What would it mean if I wasn't perfect?" "What would it mean if I were abandoned?"

Sometimes you can get to the root belief with the first answer to that question. At other times it may take several hours of probing through a series of "What would it mean if . . ." questions to get there. In these instances, you can often take the answer given to one question and turn it into the next question to be asked. For instance, if you start with the question, "What would it mean if I wasn't perfect?" and the answer is "I would ruin my family's image," ask next, "What would it mean if you ruined your family's image?" and so forth.

By continuing this introspective trail of questions and answers digging into your personal history on the issue, you may reach a point when you suddenly sink into much greater solemnity or pain. That will be a signal that you are near to the root belief. You may suddenly realize, "If I'm not perfect, I won't be affirmed," and the next question to ask would be, "What would it mean if I am not affirmed?" The answer may be, "If I'm not affirmed, I'm not worth anything." This is the underlying root belief that drives the perfectionism and makes the need for it seemingly absolute. This is the belief that needs healing.

When you get to this critical belief, ask Jesus if the belief is true. If you are truly at the root belief and you are open to hearing from Him, He will usually impress upon your mind specific thoughts, an image, or words of truth that will drastically change the belief and the whole picture of what you previously viewed as intolerable. (If you are unable to receive such messages from God, the belief can be challenged and replaced by truth in other ways, though it may be a trial-and-error process until the right truth to change your perspective is found.) In this example, with the intolerable conflict over perfection eliminated, the alters formed to help cope with it will usually integrate spontaneously.

To identify other primary-level conflicts, look at issues that have arisen in your memories that you don't want to accept as true. In these cases, the key question to ask is "What would it mean if this is true?" Then bring truth to the belief expressed.

A third avenue of pursuit for identifying primary-level conflicts is to look at each of your supposed perpetrators and ask, "What would it mean if this person abused me?" Then pursue the above procedure.

Identifying and resolving these primary-level conflicts seems to be one of the most efficient routes to resolving DID. In a large system, it actually precludes having to work with each alter individually. The needs of alters are never ignored when they spontaneously arise, but the focus is always kept on resolving the primary-level conflicts.

Wholeness...

What does it mean to be whole?

What does it feel like ?

Is it to be free of bondage and pain,
To be alive and happy and at peace?

Being whole is to be quiet inside,
To Experience the voice of the Lord
As He guides and teaches you.

Being whole is exciting and scary,
Feeling no other presence than your own
And having no voices disturbing you.
Sometimes it brings tears and longing
For companions that no longer are...
Causing you to wonder if it is worth it?

Being whole also brings questions of
Who am I really and what are my talents?
Is it all of what I used to be,
Or only some of it?

I am a combination of all,
Finding the perfect fit of talent
and spirit as I live each day;
Reaching for His will and love
So that it can flow to all around me,
Bringing healing, freedom and happiness.

I am whole; in unity with my soul,
My body and spirit...
Discovering beauty in all things.
And I am happy to be me.

Orna

Survivors share...

I grabbed ahold of Him
and I have never let go.
I have pushed through
some of the hardest times in my life.
I have faced the truth
because I learned that
the truth would set me free.

Darlina

***“And you will know the truth, and
the truth will make you free”***

(John 8:32)

But He has said
“All things are Mine.
I love the broken, injured ones -
I delight to make them new,
Hold them close
Heal them with a love without end
Rejoice in their triumph
As their souls I mend.

Sandy S.

I do not ever want to lose or forget
or not value above all other gifts,
the Gift of waking up today and being
able to know that I was in Your Presence.
I feel Your Love, Your delight in me,
I am giving this back to You
Laying it at Your feet.
All the other stuff does not
matter compared to knowing
You—this tiny little bit—which is
still almost more than
I can hold. Praise You.

Jill H

God's Resources

The journey of healing from DID almost always involves bringing to light things that are unknown. This includes areas of one's personal history that lie beyond the reaches of one's own autobiographical memory as well as areas of activity occurring within the unseen dimensions of the spiritual realm.

Successfully navigating forward to the goal of acquiring truth, deep inner healing, wholeness, and freedom from bondage to darkness thus requires more than human capabilities alone. This is one of the prime reasons that walking this journey with God is so beneficial.

He is the one before whom all things are clearly visible, and He is both able and willing to reveal them to you. Daniel 2:22 says that He knows what is in the darkness and He reveals the “profound and hidden things.”

God has also given to every child of His the Holy Spirit, through whom, according to Ephesians 1:17, He is willing to impart “wisdom and revelation.” The Holy Spirit also connects us with the rest of the Godhead, in whom, Colossians 2:3 says, are hidden all the “treasures of wisdom and knowledge.”

One of God's prime passions, expressed in Isaiah 61:1, is to “bind up the broken-hearted” and to “proclaim liberty to the captives.” His devotion to this goal would seemingly assure His willingness to make His wisdom and revelation available in the process of achieving your healing and making your freedom complete.

God can reveal this information either directly to you or to someone else accompanying you on your journey. While some people seem more naturally “gifted” in being able to receive this kind of divine communication, it is a skill that most people can develop. In general, it requires having a clean heart with one's sins confessed and the ability to “tune in” to one's spirit, as it is to our spirits that the Holy Spirit reveals His truth and wisdom.

Information revealed in this way must resonate within the person to whom it applies and is always best when confirmed by the discernment of more than one witness. This, along with the fact that false information will not lead to healing, protects against being misled by the evil realm or one's own imagination.

A Helpful Resource

Anger, Hate and Forgiveness

By Diane Hawkins

You will certainly identify with Diane's struggles with these issues and learn from her journey to peace in them. (1 CD) \$5

Available at <http://www.rcm-usa.org/CD-Sets.html>

Helpful Aids from RCM

Gaining spiritual freedom is a major part of the healing journey for most survivors. Each person's history is different in many respects. However, there will undoubtedly be generational bondages and ungodly relationship bonds that will need to be broken for virtually everyone. Some have also gotten involved in fantasy role-playing games, which provide a dangerous intersection with the realm of darkness. The following guides, available on our website, www.rcm-usa.org, are provided as free downloads to aid you in gaining spiritual freedom from these things.

Breaking Ungodly Generational Inheritances

The effects of gross or deeply established patterns of sin in a person can be passed from one generation to another according to Exodus 34:7. In cases of generational loyalty to Satan, these inheritances can be significant. In order for complete freedom from spiritual bondage to occur, these must be broken along with the bondages established during the person's own lifespan.

Breaking Ungodly Relationship Bonds

When a person develops a close relationship with another individual, a bond can seemingly form between their souls and/or spirits. Creating such a bond with an ungodly person can be dangerous, however, as it provides an open door to allow spiritual contamination in one person to flow to the other as well. This is why we are instructed in 2 Corinthians 6:14 not to be unequally yoked together with unbelievers. These ungodly relationship bonds can be formed between individuals who engage in ungodly sexual relations, whether by consent or by force. They can also form between survivors and their perpetrators and even between survivors and anyone sacrificed in rituals that pertained to them in any way. Significant spiritual freedom can occur when these bonds are broken.

Renunciation for Fantasy Role Playing Games

This new addition to our website was written by a man who was deeply engaged in this activity and understood well the spiritual bondages that it could create. It provides a detailed prayer of renunciation of all ungodly activity carried out in these games and is a significant tool for gaining spiritual freedom from the occult connections established in them.

Dawning of a New Year ~ 2014

My journey in life is like meandering through a labyrinth

At times I wonder if I'll ever make it through

Conflicting voices torment my mind

Anguish and pain drown Your still small voice

Help me anchor my hope in You, O Lord

You who has the power to save and redeem

Grant me strength as I enter the New Year, O Lord

Teach me to linger in Your presence, I pray

To stay connected to the Source of life

And rest in knowing You are in control, not I

Let me bask in Your amazing grace & astounding love,

O Lord

Open my eyes to Your goodness and beauty, I pray

May the New Year draw me closer to You

Fulfil Your purpose for me, I pray.

By Hannah L. ~

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but donations are appreciated.

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RCM
"Survivor Matters"
PO Box 479
Grottoes, VA 24441

Phone: 540-249-1027

Email: rcmoffice@rcm-usa.org

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